

The Hate Within: A Self-Healing Journey

A 7-Module Workbook Series inspired by 'Happy as a Pig in Mud: The Hate Within'

By Patrice Rolle - Menolux Health & Wellness Coaching & Consultancy

Module 1: The Root of the Rot

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Lesson: The Root of the Rot

You didn't plant this rot. But you've been living in it. The roots of self-hate are old. Some were whispered to you by tired mothers. Some were handed down like heirlooms: 'Don't take up space.' 'Be nice.' 'Stay small.' You believed them because they came wrapped in survival. But survival isn't the same as living. In this module, we begin the deep digging. No blame. Just gentle noticing. You'll start to uncover where the rot began—and what it taught you to believe about your worth.

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Journal Prompts

- What messages about your worth did you receive as a child?
- Who modeled self-hate to you—and how did they treat themselves?
- When did you first learn that being 'you' might not be enough?
- What parts of yourself have you hidden to be accepted?

Therapeutic Exercise: Belief Excavation

Draw a tree on a blank page. The leaves represent who you are today. The roots represent your earliest beliefs. Label the roots with beliefs like: 'I'm not enough,' 'I'm too loud,' 'Love must be earned.' Then ask: Where did this root come from? Who planted it? Is it still true? Now draw a few new roots. Write the beliefs you'd like to grow instead.

Affirmation

"I am not the rot. I am the gardener."



Unmuddy Me: Action Step

Every day this week, take five minutes to journal or speak aloud a kind truth about yourself. Start with: 'One thing I know is true about me is...' and let it grow.

Module 2: Inherited Mud

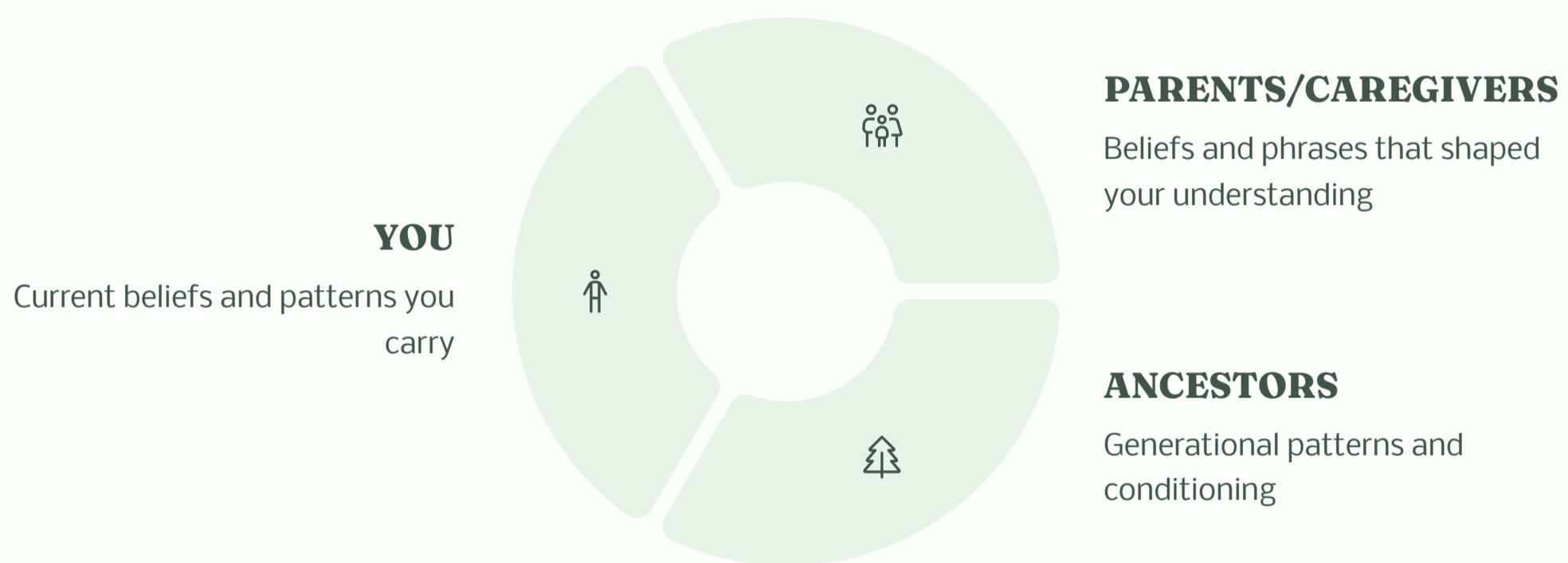
Lesson: Inherited Mud

You didn't start the mess. But you've been soaking in it. Before you knew your name, you were soaking up stories—of shame, silence, struggle. Your caregivers didn't always mean to pass them on. But what isn't healed gets handed down. This mud is sticky. It looks like fear. People-pleasing. Shrinking. Or believing you don't deserve more. In this module, we explore what you inherited—and decide what ends with you.



Journal Prompts

- What emotional patterns or beliefs run in your family?
- What did your caregivers believe about self-worth? About success? About love?
- How did they treat themselves—and how did they treat you?
- What part of their pain have you made your personality?



Therapeutic Exercise: Generational Conditioning Map

Draw three circles, like a ripple. Label the innermost YOU, the next ring PARENTS/CAREGIVERS, the third ring ANCESTORS. In each layer, write down beliefs or phrases that shaped your understanding of self. For example: - 'Don't speak up.' - 'Work hard, rest later.' - 'Love must be earned.' Highlight the ones you still carry—and circle the ones you're ready to release.

Affirmation

"I am not the pain I inherited. I am the one who gets to heal it."

Unmuddy Me: Action Step

Call in your power to choose. Write a list titled: 'This Ends With Me.' List 3 beliefs, behaviors, or cycles you're ready to break—and what you'll practice instead.

Module 3: The Mirror Lies

Lesson: The Mirror Lies

Mirrors don't lie, they say—but they don't tell the full truth either. What you see in the mirror isn't just skin and reflection—it's stories, rules, comparisons, and criticism. It's the way you were taught to look at yourself. For many of us, the mirror has been a battleground. In this module, we shift the lens. We begin to see not just what was shaped by shame, but what's trying to bloom beneath it.

Journal Prompts

- What words come to mind when you look in the mirror?
- Who taught you those words? Are they yours—or inherited criticism?
- What part of your body have you made a war zone?
- What would you say to a younger you standing in that same mirror?

Therapeutic Exercise: Mirror Rewrite

Stand in front of the mirror. Gently place your hand over your heart. Look into your eyes and say: 'I'm learning to see you with kindness.' Then, write a list of 5 things you appreciate about your body—not for how it looks, but for what it does. Example: 'These legs have carried me through grief.' Practice this each morning for 5 days. Track any shift in how you feel.

Affirmation

"My reflection is not my enemy. I'm learning to see myself with love."



Unmuddy Me: Action Step

Choose one mirror in your home and tape a note to it that reads: 'You are worthy. You are whole. You are becoming.' Let it greet you every time you pass by.

Module 4: Pig in Mud

Lesson: Pig in Mud

Pigs don't roll in mud because they're dirty. They do it to cool down, to protect their skin, to cope. What if your patterns of self-sabotage aren't signs of weakness—but signs of survival? This is the mud we know. The familiar story. The identity we cling to because it's safer than the unknown. But staying stuck doesn't keep us safe—it keeps us small. In this module, we'll look at your 'mud behaviors' and explore how to choose healing over hiding.



Journal Prompts

- What old habits or patterns keep pulling you back into the mud?
- When do you feel safest being small, silent, or stuck?
- What identity have you built around your struggle?
- Who might you become if you left the mud behind?

Mud Behaviors	Healing Movements
I ghost people when I feel insecure.	I send a text saying: "I need some time, but I care."
I procrastinate when I fear failure.	I break tasks into smaller steps and celebrate progress.
I criticize myself when I make mistakes.	I speak to myself with the kindness I'd offer a friend.

Therapeutic Exercise: From Mud to Movement

Make a two-column list. Left column: Mud Behaviors (e.g., 'I ghost people when I feel insecure.') Right column: Healing Movements (e.g., 'I send a text saying: "I need some time, but I care."') Choose one pair to practice this week. Circle it. Commit to it. Notice what shifts.

Affirmation

"I am not my mud. I am the movement that rises from it."



Unmuddy Me: Action Step

When you notice yourself slipping into a muddy behavior, pause and ask: 'What am I protecting myself from right now?' Offer yourself a kinder choice—even if it's just a breath or a moment of honesty.

Module 5: Forgive & Unbecome

💔 Lesson: Forgive & Unbecome

Before you can fully become—you must first unbecome. Unbecome the version of you built on shame. Unbecome the roles you never chose. Unbecome the rules that kept you safe, silent, small. This module isn't about forgiving others for their sake. It's about freeing yourself. It's about choosing to release what weighs you down so you can rise. You don't owe the world your perfection. You owe yourself your truth.



Identify Roles

Recognize the roles and masks you've worn that no longer serve you

Self-Compassion

Offer yourself kindness for the ways you've had to adapt

Release

Let go of what weighs you down, not for others but for yourself

⌚ Journal Prompts

- What role(s) have you played that no longer serve you?
- What version of you do people expect—and what part of that feels like a mask?
- Who do you still carry in your heart because of unresolved pain?
- What would it feel like to let go—not for them, but for you?

🧠 Therapeutic Exercise: The Self-Compassion Letter

Write a letter to yourself from your future self—the one who has healed, let go, and chosen joy. Begin with: 'I know you're tired of carrying this...' Let this letter name the things you're ready to release. Let it offer forgiveness and softness. Seal the letter. Read it aloud every day this week. Let it soak in.

💬 Affirmation

"I am unbecoming everything I was never meant to carry."

ⓘ ✨ Unmuddy Me: Action Step

Make a forgiveness jar. Each time you feel stuck in anger, shame, or blame—write it down, fold it, and drop it in the jar. Say aloud: 'I am not holding this today.' Watch your jar grow lighter—just like you.

Module 6: Becoming the Root



Lesson: Becoming the Root

Healing isn't about becoming someone new—it's about returning to who you were before the world told you to shrink. When you become the root, you stop chasing surface-level validation. You plant deep. You grow slow. You find safety in yourself. In this module, we explore how to build a foundation rooted in truth, softness, and power. Not for anyone else. Just for you.

Journal Prompts

- When do you feel most like your truest self?
- What parts of you feel deeply rooted—and what still feels shaky?
- What values do you want to build your life around?
- What would it look like to belong fully to yourself?

Rooted Ritual Ideas

- Morning tea in silence
- Barefoot walk in nature
- Breathing with hand over heart
- Speaking your name with love
- Journaling your truths

🧠 Therapeutic Exercise: Rooted Ritual

Create a simple daily ritual that helps you feel grounded. Examples: Morning tea in silence. Barefoot walk. Breathing with your hand over your heart. Speaking your name with love. Do this for 7 days and reflect: How does my body respond when I feel rooted?

💬 Affirmation

"I am not reaching. I am rooted."



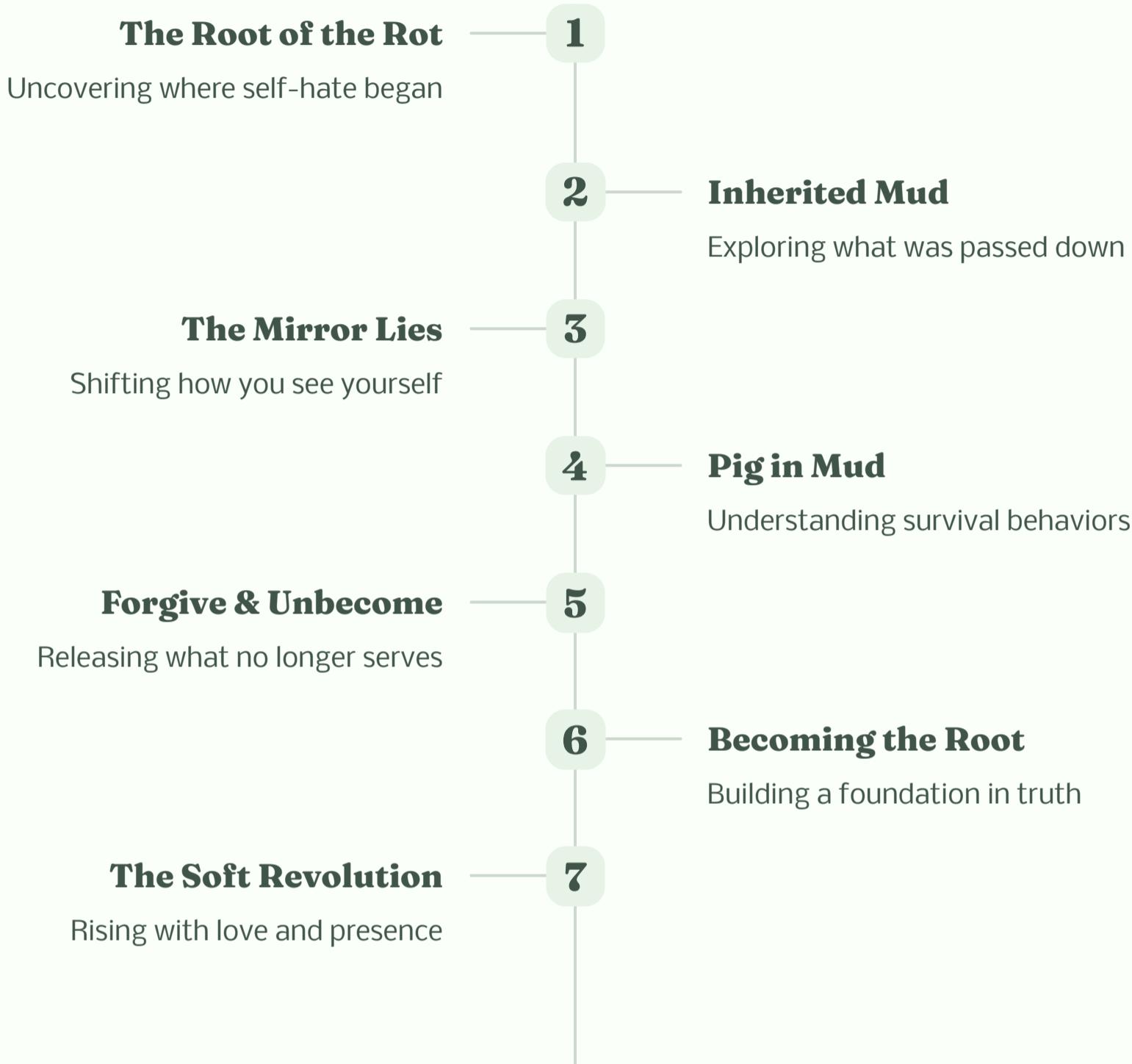
Unmuddy Me: Action Step

Plant something—a literal seed, or a metaphorical one. Write down one value or truth you want to live from. Keep it somewhere visible. Water it. Return to it. Let it grow with you.

Module 7: The Soft Revolution

Lesson: The Soft Revolution

You don't have to be hard to be powerful. You don't have to be loud to be heard. The Soft Revolution is about choosing love in a world that taught you to armor up. It's about rewriting your story—not as a survivor, but as someone who is alive, awake, and worthy. You've dug through the rot. Faced the mud. Unbecome the false selves. Now it's time to rise. Not with perfection, but with softness. Not with pressure, but with presence. This is your revolution. Let it be rooted in love.



Journal Prompts

- What has shifted in you since starting this journey?
- What does 'soft power' mean to you?
- What parts of yourself are you ready to celebrate without apology?
- How will you continue to love yourself in motion, not just in healing?

🧠 Therapeutic Exercise: Self-Love Manifesto

Write your own self-love manifesto. Begin with: 'I am no longer hiding in the mud...' Let it be wild, imperfect, bold, and true. This is your declaration. Print it. Post it. Read it aloud like a vow.

💬 Affirmation

"My softness is not my weakness. It is my revolution."



🌟 Unmuddy Me: Action Step

Create a ritual to close this journey. Light a candle, dance in your room, take a photo of your reflection—whatever feels like a YES to your becoming. Say aloud: 'This is who I am now. And I love her.'

Book Your Consultation

Begin Your Healing Journey

Book a free consultation with Menolux Health & Wellness @menoluxhealthandwellness@gmail.com.

Contact Now

"The journey from self-hate to self-love is the most important work you'll ever do."

- Patrice Rolle, Menolux Health & Wellness